

CULTIVATED MIND

Utilized Odd Moments But is Disappointed in Results.

FOUND LIFE TOO STRENUOUS

Read Emerson, Carlyle and Ruskin in Barber Shops and at Odd Minutes—Finds His Mind Harrowed Instead of Cultivated.

"I read somewhere one day that no one was justified in wasting a single moment of his time." The article said that in order to make use of spare moments one should always carry a small volume of one of the world's great thinkers. Odd moments could thus be used in the cultivation of the mind. The idea struck me as a good one, and I felt a little guilty as I thought of the many valuable moments I had squandered. In accordance with my new resolve I purchased a small pocket edition of Emerson, and when riding backward and forward between my home and my work I read Emerson. When I had to wait in a barber shop I pulled out my Emerson. When waiting for an audience with some business man I filled in the time by communing with Emerson. When my wife was a half hour behind time in meeting me at a place agreed upon I did not fidget about, but calmly produced by Emerson. When Emerson was finished, I substituted Carlyle. Carlyle digested, I took up Ruskin. This went on for several weeks.

"Gradually I noticed that I was beginning to feel heavy and 'dopey.' My eyes began to puff out as if I were dissipating. My fancies being carried so constantly into a higher world, I became absentminded and concentrated my thoughts upon business with difficulty. I went to bed dead tired at night and woke up unrefreshed in the morning. Still my anxiety not to waste a moment of time increased. When once I went off from home without my book, I felt the hour I wasted that day in short waits was gone, never to be restored. The loss of that hour weighed upon me like a thousand dropped in Wall street. Still that feeling of heaviness increased. My brain seemed to be covered with a sort of veil or mist. I could not account for it.

"Finally I went to a friend who happens to be a specialist in nervous disorders. He examined me, asked questions and then said: 'You are suffering from a very bad case of brain fog. What have you been doing?' I told him nothing unusual, except that I now filled in all my odd moments by reading. I explained my plan of cultivating the mind.

"He listened to me sarcastically and then said: 'If you keep this alleged cultivation of the mind up, in a year you will be a stark, staring maniac. You are an office man, you use your brain all day long, and the few minutes it goes to rest you utilize by forcing it to go to work on Carlyle! Cut it out! You are straining your brain by never giving it a chance to breathe. Throw all those pocket editions away. Hereafter you let those wasted minutes take care of themselves.'

"I followed his advice. I threw Emerson, Carlyle and Ruskin into the discard. I frittered away my odd moments as of old, and in a week or two I was feeling normal and active again. And now when my highbrow talks loftily of the cultivation of the mind during odd moments by communing with superior minds I stab him to the heart with my own experience."—New York Press.

"Teetotal."

Much confusion exists regarding the origin of the word "teetotal." Not many abstainers probably know the real story or recognize the fact that the introduction of the word marks an epoch in the annals of temperance. There are two traditions current as to the making of the word which are not

founded on fact. It is said that Richard Turner, the apostle of temperance, when delivering an address said: "We not only want total abstinence; we want *tee*—we want *total* abstinence." Another legend is that Mr. Swindellhurst of Preston, who had an impediment in his speech, pronounced the word "teetotal," which was adopted as a shibboleth. The true origin was explained by the late Dr. Brewer. Previous to 1833 the temperance pledge did not absolutely forbid the use of stimulants, but at that time the Total Abstinence party arose. The Moderates, to distinguish themselves from the others, put the letters "O. P.," meaning "old pledge," after their names, while the total abstainers used the letter "T," meaning "Total."—Dundee Advertiser.

Some Tall Chimneys. The highest chimney in England is that at Marlow and Dobson's mill at Bolton. It is 368 feet in height, and the material used in its construction was 800,000 bricks and 122 tons of stone. This big smokestack is excelled by at least two in Scotland. The St. Helios chimney in Glasgow is 415 feet, and the Townside chimney in the same city is 408 feet high. But the steeplejacks make no more of climbing such shafts than one a third of their height, though the vibration is much greater and more serious at times. All chimneys vibrate, especially in a gale. It is a condition of their safety, but the oscillation at the top is a serious matter for any one at work there during a high wind, and in such conditions the job is postponed to a calmer day. Lancashire also boasts one of the crookedest chimneys in the world—a shaft at Brook mill, Heywood—which is nearly 200 feet high and more than six feet out of plumb. It has been belted with iron bands and is considered safe.

Beyond Criticism. "Why do you always insist on playing difficult and unusual music?" "Because," answered Miss Cayenne, "it is very improbable that any of my auditors will know whether I am performing correctly or not."—Washington Star.

Don't Complain. If your chest pains and you are unwell last long. A cure for all pulmonary diseases. Mr. M. J., Galveston, Texas, writes: "I can't say enough for Ballard's Hoarhound Syrup. The relief it has given me is all that it is necessary for me to say." For sale at Hart's drug store. Get a bottle now and that cough Buy a bottle of Ballard's Hoarhound Syrup, and you won't have any cough, able to sleep because of a cough.

How Many Points on Our Stars? Most of us, if asked how many points a star should have would say five and cite the flag as proof, but the director of the mint has corrected this misapprehension in answering an inquiry on the subject. He calls attention to the fact that the stars on the great seal of the United States and on the seal of the president are five pointed, but that the stars are six pointed on the seal of the house of representatives, and, further, to the six pointed stars on the obverse of the half and quarter dollar coins and the five pointed stars on the reverse. The reverse of these coins is a copy of the great seal with the clouds and stars omitted. So far as known, the six pointed star comes from copying the colonial coins made after the manner of English heraldry, which sanctions that star. The stars on the flag are copied from the Washington coat of arms.—Youth's Companion.

FOUND AT LAST.

J. A. Harmon, of Lisemore, West Va., says: "At last I have found the perfect pill that never disappoints me, and for the benefit of others afflicted with torpid liver and chronic constipation, will say: Take Dr. King's New Life Pills." Guaranteed satisfactory, at Chas. Rogers, Druggist.

There's naught so sweet as love's young dream. And it would sweeter be. If lovers would only take A little Rocky Mountain Tea. Frank Hart.

ANCIENT SHORTHAND

System Can Be Traced to Fifth Century Before Christ.

USED SIGN FOR EACH WORD

Xenophon Said To Have Used Abbreviated Writing When Taking Notes Of the Lectures of Socrates—Method Was Quite Rapid.

Shorthand is so closely associated with the hurry and rush of modern business that it is startling to think of its having been in use among the ancient Greeks and Romans. Yet there seems to be no doubt that the orations of Cicero were committed to paper with as much skill and rapidity as the modern stenographer can boast.

Just how old the system of abbreviated writing is which the ancient Greeks called tachygraphy it is impossible to say. Xenophon is believed to have used it in taking notes of the lectures of Socrates, which would take it back to the fifth century before Christ. This is disputed by some authorities, but there seems to be no doubt about its use in the first century. A writer in the Chicago Tribune gives some interesting facts about it.

The development of shorthand was due especially to Marcus Tullius Tiro. Born in Latium in 103 B. C., Tiro, who was a slave, was brought up with Cicero, who was some years his junior. Freed, he became Cicero's secretary and in this capacity aided him greatly. In the famous trial of Catiline (63 B. C.) the stenographic rapidity of Tiro was at its height.

In the first century before Christ a disciple of Cato Uticensis, according to Plutarch, was taken down by shorthand reporters.

Early in the third century Anno Domini is found the term semelograph (Greek orator, Flavius Philostratus. Origin of Alexandria (185-254 A. D.) noted his sermons down in shorthand, and Socrates, the ecclesiastical historian of the fourth century, said that parts of the sermons of St. John Chrysostom were preserved by the same process.

The shorthand that they used was a form of writing in which each word was represented by a special sign. The letters of the alphabet, with modifications, connected so as to admit of great rapidity of execution, formed the elements of these characters.

Manilius, who was a contemporary of Cicero, Virgil and Horace, mentions it in verse. He says: In shorthand skilled, where little marks comprise Whole words, a sentence in a single letter lies And, while the willing hand its aid affords, Prevents the tongue to fix the falling words.

The Ubiquitous Tin Can. The ubiquitous American tin can is proving in its way a kind of universal civilization, since it is found doing duty for a variety of purposes in almost every country on the face of the earth. In Japan tomato cans are utilized as flowerpots, in China salmon cans are used as soup ladles, and in the Himalayas painted tin cans serve as head-dresses for idols. South sea belles use tin cans as hand mirrors, while Patagonian chiefs wear them suspended about their necks as ornaments. The Eskimos use peach cans for bird traps, the bright dashing of the tin on the top of a pole attracting the curiosity of the birds so that they are induced to fly close to the hunters. A queer sort of drum was found by one explorer in the Tierra del Fuego islands made out of tin cans. In Turkey oil cans are commonly used in the place of pails to carry water, or, battered out, are employed for sheathing on huts. Tin plate has been manufactured in America since 1822, and tin cans have been made for a longer period. This industry is now one of the most important in the world. Every month America makes enough tin cans to belt the globe if the sides were spread open.—Zion's Herald.

"In the Neighborhood."

After Eben Mason, a contractor, had put a new front on James Emmon's grocery store he suggested to William Lane, whose dry goods store stood next to it, that he ought to make a similar improvement.

"How much will it cost?" Mr. Lane asked.

"Well," Eben began judicially, "a fine plate glass, steel frame window'll cost you in the neighborhood of \$200."

"Go ahead," said Lane.

When the job was finished, says a contributor to the Boston Herald, Eben presented a bill for \$500. Lane looked it over, hitched and hemmed several times, but said nothing.

"Well," said Eben at last, "don't you think the job is worth the price?"

"What's the trouble, then?" "Nothing," said Lane slowly, "only you said it would cost in the neighborhood of \$200. I was just thinking what a big neighborhood you must do your thinking in."

Turkish and Persian Pipes. The Turkish hookah and the Persian nargile are the most magnificent and expensive of all pipes. The tubes through which the smoke is drawn are made of leather covered with velvet, or with gold and silver among the very wealthy, richly ornamented with precious stones, while the receptacle for the water is usually formed of glass handsomely cut, or engraved and gilt, or of precious metals decorated with enamel. The liquid in this bowl is frequently rosewater or other delicately perfumed distillation, adding considerably to the fragrance of the smoke. The tobacco is lighted in a receptacle at the summit of the pipe, which is also formed of gold or silver and studded with magnificent diamonds and other gems. The tubes vary in length from five to ten yards, and the whole paraphernalia is often borne behind a nobleman in horseback, so that by this means he can continue his smoke as the inclination takes him.

A severe cold that may develop into pneumonia over night, can be cured quickly by taking Foley's Honey and Tar. It will cure the most obstinate racking cough and strengthen your lungs. The genuine is in a yellow package. T. F. Laurin, Owl Drug

A Question. "My wife thinks she will never find a better cook than the one we now have."

"Humph! Uh—er—say, what would you call your wife, a pessimist or an optimist?"—Cleveland Press.

Those Wicked Clubs. Doctor (to wife whose husband is ill)—Is not your husband a hypochondriac? Wife—Oh, doctor, he doesn't belong to any society at all!—Meggen-dorfer Blatter.

It is better to lose all in the search for good than to be content with the worst.—Van Dyke.

Mind is the partial side of man. The heart is everything.—Rivarol.

NOTHING LIKE IT

Tremendous Popularity of "Vegetable Prescription"

RELIEVES CHRONIC CASES

Mix It At Home—No Sufferer From Kidney or Bladder Trouble Or Rheumatism Should Leave This Excellent Remedy Untried.

That the readers of this paper appreciate advice when given in good faith is plainly demonstrated by the fact that the one well-known local pharmacy "vegetable prescription" many times within the past two weeks. Most of these folks naturally bought the ingredients and mixed them at home. The announcement of this simple, harmless mixture has certainly accomplished much in reducing the great many cases of kidney complaint and rheumatism here, relieving pain and misery, especially among the older population, who are always suffering more or less with bladder and urinary troubles, back-ache and particularly rheumatism.

Another well-known druggist asks us to continue the announcement of the prescription. It is doing so much real good here he continues, that it would be a crime not to do so. It can not be repeated too often, and further states many cases of remarkable cures wrought.

The following is the prescription, of vegetable ingredients, making a harmless, inexpensive compound, which any person can prepare by shaking well in a bottle: Fluid Extract Dandelion, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces. Any first-class drug store will sell this small amount of each ingredient the dose for adults is one teaspoonful to be taken after each meal and again at bedtime. There is enough here to last for one week, if taken according to directions. Good results will be apparent from the first.

SAVED HER SON'S LIFE.

The happiest mother in the town of Astoria, Me., is Mrs. S. Ruppee. She writes: "One year ago my son was down with such serious lung trouble that our physician was unable to help him; when by our druggist's advice I began giving him Dr. King's New Discovery, and I soon noticed improvement. I kept this treatment up for a few weeks when he was perfectly well. He has worked steadily since at carpenter work. Dr. King's New Discovery saved his life." Guaranteed best cough and cold cure by Chas. Rogers, Druggist. 50c and \$1.00. Trial bottle free.

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TIDE TABLE, MARCH MARCH, 1907. High Water. A. M. P. M. Date. h.m. ft. h.m. ft. Friday 1:50 8.4 1:47 8.7 Saturday 2:24 8.7 2:28 8.4 SUNDAY 3:00 8.8 3:14 8.1 Monday 4:38 8.7 4:05 7.4 Tuesday 5:43 8.6 5:03 6.7 Wednesday 6:58 8.4 6:18 6.1 Thursday 7:05 8.3 7:45 6.0 Friday 7:15 8.1 9:12 6.2 Saturday 8:30 8.1 10:22 6.6 SUNDAY 10:41 8.4 11:15 7.2 Monday 11:43 8.7 11:58 7.7 Tuesday 12:37 8.9 12:25 8.0 Wednesday 1:10 8.5 1:09 8.9 Thursday 1:43 8.7 1:50 8.6 Friday 2:17 8.8 2:30 8.2 SUNDAY 3:50 8.6 3:11 7.7 Monday 4:38 8.4 3:58 7.0 Tuesday 5:40 8.2 4:41 6.4 Wednesday 6:40 7.9 5:40 5.9 Thursday 7:27 7.6 6:50 5.6 Friday 8:27 7.3 8:19 5.5 Saturday 9:28 7.2 9:20 6.1 SUNDAY 10:30 7.5 10:15 6.8 Monday 11:30 7.8 10:55 7.1 Tuesday 12:30 8.2 11:33 7.7 Wednesday 1:30 8.5 12:05 8.5 Friday 2:30 8.7 12:50 8.6 Saturday 3:30 8.9 1:34 8.7 SUNDAY 4:30 9.1 2:30 8.4

Morning Astorian, 60 cents a month.